Jacqui Fay

From: Monadnock Farm and Community Coalition

<coordinator+mfccoalition.org@ccsend.com>

Sent: Tuesday, March 15, 2022 3:48 PM

To: Jacqui Fay

Subject: March newsletter: Monadnock Earth Day Film Festival, Policy Updates, Farm to School

workshops, Jobs, & more!



Building a Robust, Sustainable, and Equitable Local Food System

Newsletter I March I 2022



Farmer of the Month:

Bill Fosher of Edgefield Farm has been raising sheep for 30 years. His experience, coupled with ingenuity, is a prime example of sustainable farming and land stewardship. Edgefield Farm's sheep are raised on hills above the

Connecticut River on intensively managed pasture. They are not fed grain or given any growth-promoting drugs. As a result, Edgefield Farm's lamb takes longer to grow than grocery-store lamb. It's this slower process that lets the lamb develop a rich, complex flavor that simply can't be rushed. The grazing system that Edgefield Farm uses to produce lamb enhances soil health and actually sequesters more carbon than their sheep and farming operations emit! While wild predators pose a real danger to sheep, Bill prefers to use non-lethal methods to protect his animals. His Newfoundland dog, Leo, with help from portable electrified netting, wards off coyotes, bears, and stray domesticated dogs. In three decades of raising sheep on

pasture, Bill has never had to resort to killing a predator. To experience whole or ground lamb, contact <u>Edgefield Farm.</u>

Maple sugar season means baby animals and Spring have arrived! (Well, Spring is right around the corner, anyway). Enjoy a visit to a sugar shack -- the Monadnock Region abounds with locations to experience a maple sugar boil or breakfast! <u>Find</u> out where to go.

Many farm stands stay open throughout the year - always check their websites for days/times. Scroll down (Farm Stands) to see which ones will be open, offering a wide variety of food products.

SNAP/EBT Double your Purchasing Power or get 50% off Fruits and Veggies

- If you receive SNAP benefits, you can DOUBLE your fruit and vegetable purchases at farm stands, farmers' markets, and grocery stores! <u>Find out</u> where.
- Want to know if you're eligible for SNAP? SENIORS did you know you might be eligible for SNAP/EBT too? <u>Find out now.</u>
- Need help feeding yourself or your family? <u>Find out where to go to get</u> charitable food.
- Get 50% off fruit and veggie purchases thanks to the <u>Double Up Food Bucks</u> <u>program</u> at the Monadnock Food Coop (for SNAP/EBT participants)
- Don't feel comfortable cooking fresh food? Free, virtual cooking classes available! Find out more.

Spotlights of the Month:

Monadnock Earth Day Film Festival line-up is announced! Mark your calendars, join us for this FREE, online event! (For more details, go to "Forums" below.) "Farm Free or Die", Wednesday, April 19, 2022, 6:30pm. This short documentary highlights market opportunities for carbon sequestration and removal. Introduction by Roger Sorkin, director and writer.

"Growing with the Grain" Thursday, April 20, 2022, 6:30pm. Scientists, farmers, bakers and brewers take part in a grain trial test that hopes to produce a new generation of grain suited for the northeast. Short documentary. Panel discussion - is a grain shed in the Monadnock Region's future?

"Farmer Cee", Friday, April 21, 2022. This short documentary highlights Clarenda "Cee" Stanley, an African American farmer and CEO/President of Green Heffa Farms. Panel discussion.

A Fund to Support: The goal of our <u>Locals' Local Fund</u> is to raise 10k annually to purchase local products for distribution on The Community Kitchen's Monadnock Mobile Food Pantry. A soft launch of this vital initiative will take place this summer with six, pop-up events located at sites identified in the coalition's <u>Monadnock Local Food Access Analysis</u>, last year.

MFCC was awarded the opportunity to jumpstart the "Locals' Local Fund" on The Local Crowd Monadnock platform. In order to launch this crowdfunding campaign, we need your help to raise 1/3 or \$3333 prior to its initiation. Please donate today and get local onto the plates of all Monadnock's community members! Checks can be sent to: 11 Industrial Park Dr., Walpole, NH. 03608, memo: Locals' Local Fund. Thank you.

Monadnock Earth Day Festival is back in person! April 23, 2022 at the Monadnock Food Co-op. (More details below under "Events")

Policy updates:

SB403 re-establish the WIC Farmers' Market Nutrition Program (FMNP) - "ought to pass" a House vote.

HB 1657 the Local Food for Local Schools Reimbursement Bill did not pass. Look to see again in the future and help us build support for this initiative that would move \$1.8 Federal dollars into our farm and food economy.

NH Food System jobs can be found here.

Farmers Markets



Chesterfield Farmers Market, Call Beni for bread! 603-363-2722
Farmers Market of Keene, Closed Milford Farmers Market, Sat: 10am - 1pm 16 vendors, Town Hall Open; Peterborough Farmers Market, Wed: 3pm - 6pm (Elm St)
Peterborough Comm Center, Open Rindge Farmers & Crafters, Closed; TEAM Jaffrey Community Farmers Market, Closed; Wilton Farmers Market, Closed; Winchester Farmers Market (Accepts SNAP), Sat: 9am - 1pm (Town Hall) Open

Farm Stands

<u>Archway Farm</u> open year round 183 Arch St., Keene



Pork products, beef, lamb, milk, condiments, Beni's Bread, Faber Family syrup, Terra Nova Coffee & more!

Cheshire Gardens closed for winter

Coll's Farm - open year round 63 North St., Jaffrey Organic and conventional produce, garden center, florist.

<u>Green Wagon Farm</u> - closed during winter

<u>Manning Hill Farm</u> - open year round

79 Old Manning Hill Rd., Winchester, NH

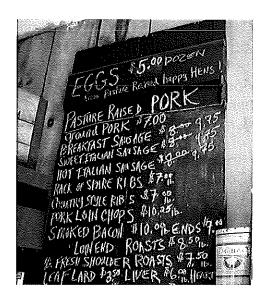
Cow milk soaps & lotions by Holland Homestead, Cheshire Gardens preserves & mustards, Echo Farm puddings, beef, lamb, milk, syrup, honey & more!

Mayfair Farm - open year round 31 Clymers Dr., Harrisville Online ordering and pick up only! Farm stand is not open to public. Fresh prepared gourmet foods (the best quiche ever!) lamb, pork products, soups, cocktails, flowers, greens, groceries & more

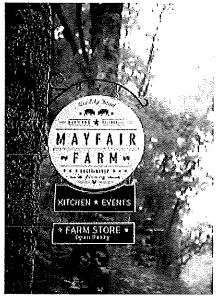
<u>Partners Garden</u> - closed during winter

Stonewall Farm - open year round 242 Chesterfield Rd., Keene Frozen, prepared meals, gelato, yogurt, milk, a variety of gourmet food & more. Featuring heat & serve Indian Food from Shree's Kitchen on Friday nights!

<u>Tippin Rock Farm</u> - closed during winter







Tracie's Community Farm - closed

Walpole Valley Farms - open year round, Sat & Sun., 10am - 4pm, pick up or ship! Give the gift of pastured raised meats!

Pastured raised meats: chicken, pork, beef - ch wings; ham; garlic & sun dried tomato sausage, porterhouse steak & more.

Whitakers Homestead & Greenhouse
236 Forest Rd., Alstead
Closed





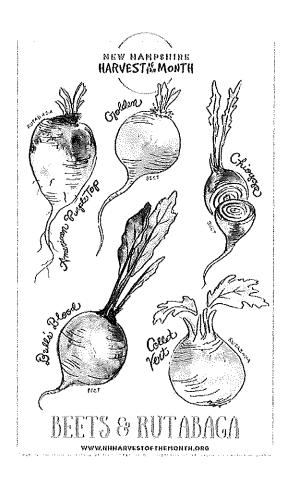
CSA sign ups



Sign up now for Summer 1/2 & Full Shares: Abenaki Springs,
Cornucopia Project Student Farm
CSA sign ups, Foggy Hill Farm,
Hillside Springs CSA, Holland
Farm, Hungry Bear Farm,
Picadilly Farm, Stonewall Farm,
Sun Moon Farm, Tracie's
Community Farm, Village Roots
Pastured Meat & Greens

Harvest of the Month

Beets! This recipe will make even those who scoff at beets, believers in this beautiful root vegetable.
4-6 servings





Monthly Updates

For Children/Teens

Ingredients

3 lbs beets (scrubbed and trimmed, leaving 1 inch of stems attached)
1/4 cup balsamic vinegar
2 Tbsp. maple syrup or honey
2 Tbsp. olive or canola oil
1/2 tsp. dried thyme, or 1 tsp. minced fresh thyme (optional)

Directions

- 1. In a large pot, cover beets with lightly salted water by 1 inch. Cover and simmer for 35-45 minutes or until tender. Drain beets in a colander. Let cool until they can be handles, then slip off skins and stems.
- 2. Cut beets lengthwise into wedges. Beets may be prepared to this point up to two days in advance. Cover and chill. If prepped and refrigerated, bring beets to room temperature before proceeding.
- 3. In a large skillet, stir together vinegar, honey or syrup, and oil. Add beets. Cook beet mixture over moderate head stirring until heated through and well coated.
- 4. Add salt and pepper to taste, sprinkle with thyme, and toss gently.

Does your child have interest in farms or gardening? Would they like to explore these interests this summer? Jeffrey P Smith Farm Camp scholarships now accepting applications: Connecting Local Youth to the Natural World. Applications due March 31. Apply now!

Stonewall Farm Spring into action with your favorite farm friends hiking, cooking, games, gardening and learning alongside new friends at Stonewall Farm's summer camps! \$225/week Days start at 8:30 am and end at 4:00 pm. Before Care is available M-F from 7:45-8:30a for an additional \$25 per week. After Care is available M-F from 4:00-5:15p for an additional \$40 per week. Summer camps sign up open. Find out more!

Kitchen 2.0: A Virtual Cooking Series for Kids

Does your child love to cook? Or do they have a curiosity and desire to help while you're in the kitchen? Then sign them up for Kitchen 2.0. Presenter, Laura Carbonneau will share valuable cooking skills that build confidence in the kitchen while making delicious and nutritious foods. Children will learn everything from measuring and knife skills to various cooking techniques and garnishing. Register now.

For Individuals:

Community Supported Solar: Help Us Ensure a Bright Future for the Monadnock Region!

MONAGNOCK LOCAL VONES Jeffrey P. Smith Farm Scholarship

- The Jaffrey P. Smith Form Scholarship connects young people with agriculture and the natural
- Apply to atlend summer camp, 4-H programs, or for membership to NOFA NH!
- All programs are covered in full by the scholorship unless otherwise noted.

Applications due March 31, 20221 cheshireconservation.org /monadnock-localvores

2022 Participating Programs:

www.stone.wofilorm.org Figne, 603-352-5577 Empit Email
rebecon2stone-wallfarmorg
242 Chesterfield Rd
Keene 19H 03431
Summer Camps

Utfass 4-H Beef Cattle Academy - June 2 days (Dates 180) www.mass 4h.crg Phane: 413-545-5302 Email,

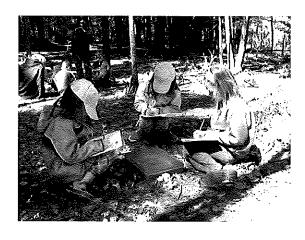
Email, cosears Bumest unass edu 100 Venture Way, Suite 30 Hadley, HA 01035 UMoss 4-H Goot Academy - June Academy - Jul I day (Dete 160)

Email. ecsears@umestumoss.edu 100 Venture Way, Suite 334, Hodey, MA 01035

Day Comps at Orchard School Community Center wave these chards choices Phose 601-835-2495 or 603-497-3422 (ccc) Email Eleasorish teach and school con 111-1111 (vol. 324-1111 (vol. 324-11

Northeast Organ Farming Associa of New Hampshi NOFA NH

Moss 4-H Dairy Cottle Academy — June 2 days (Dotes 180) www.mass4h.org Phone, 413 545-5302 Email:



New Hampshire farmers face significant energy expenses. The Monadnock Region Community Supported Solar Project (CSS), supports local farmers and ensures a bright future for our community! Donations of any amount welcomed.

NOFA-NH's Feeding the Family Organic Gardening Series

March 22, 6:00-7:30 PM —
Incorporating Permaculture Principles
Into Your Garden
Amy Antonucci, <u>Living Land</u>
Permaculture Homestead

April 5, 6:00-7:30 PM — Gardening in Containers Both Indoors and Out Acadia Tucker, Author at Stone Pier Press

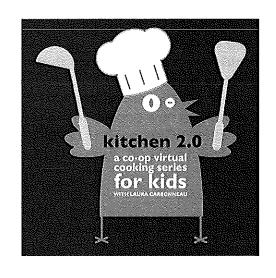
April 20, 6:00-7:30 PM — Growing Backyard Herbs for Vital Wellness *Corrected Date, class to be held on Wed., 4/20

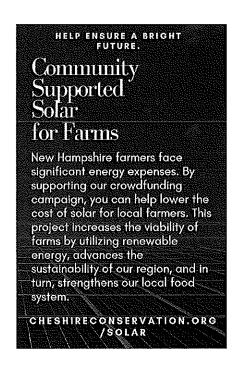
May 3, 6:00-7:30 PM — Raising Backyard Chickens (and Eggs) Paolamantina Grullón Livingstone, Living Stone Farm

\$10 per class, \$50 for the series. Members save 25%. Register today.

Composting and Different Types of Waste Management March 15, 5pm - 6pm.

This is part one of a two-part series, Elm City Compost will gather virtually to educate the community on who Elm City Compost is and what they do. Participants will learn the various forms of composting and food waste management that exist around the world. Discussions will begin





locally and then build to global systems and an immersive discussion surrounding advancements everyone would like to see happen in the community will take place. RSVP

Join the Monadnock Farm to School Network - private FB group

Watch the Monadnock Farm to School Network's teaching module: "Nuts & Bolts of Farm to School in the Classroom: Gardening, Cooking, & Field Trips".

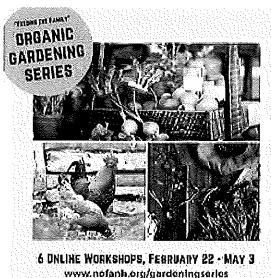
Visit the Monadnock Region's gardening resource and education website - Food & Gardens for a **Resilient Monadnock**

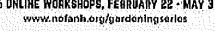
For Farmers & **Producers:**

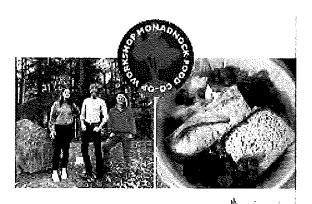
Make Your Land Available for Farming workshop series – Virtual March 23, 30, April 6, 2022 12:00 - 1:00pm Learn more or Register now Free three-session workshop series for farming and non-farming private landowners and their representatives (real estate agents, etc.) to understand your land's potential for farming, learn what goes into a good farming arrangement, and explore strategies for making any amount of land available to a farmer.

Go Solar on Your Farm!

Funding is available through the USDA's Rural Development REAP: Rural Energy America Program!







Elm City Composting Workshop Wood, Minch 16, Side - 6,00 oni

Registration regulated for this FREE sirtual worldhop at management/acadeospierass



REAP provides grants of up to 25% of the project cost with a loan or grant combination for up to 75% of the cost!

Applications for this year are due on March 31, 2022!

Find out more

FOOD & GARDENS FOR A RESILIENT MONADNOCK

Community Supported Solar for Farms! Limited number of shares remaining...

The Monadnock Region Community Supported Solar project, or CSS, brings together Farmers, Investors and Champions to use available financial models to help local farms realize the potential of the renewable energy economy.

Farmers in New Hampshire face significant energy expenses to run their businesses. This project will help to stabilize and lower costs of electricity for participating farms through the Community Supported Solar framework and in turn, increase the viability of those farms. First come, first serve. Email amanda@cheshireconservation.org

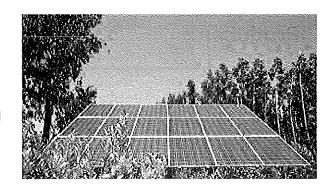
ALERT! Match Alert - All donations will be matched up to 1k!
Donations of any amount are welcome. DOUBLE your impact and donate now.

CCCD Cover Crop Sale and Equipment Workshops & more! CCCD is excited to announce an equipment workshop in partnership with Windham County Conservation District. 3/16 in Brattleboro

Soil Steamer virtual workshop, March 21, 11:30am - 12pm. Register here.

CCCD is also excited to announce an equipment field day on April 19th, with





a back up day of April 26th in the event of snow!

No-Till Workshop

Wednesday, March 16, 2022, 10am -12pm. Holton Hall, 4th Floor, Winston Prouty Center, 130 Austine Dr., Brattleboro. Offered by NRCD and Cheshire Co Conservation District. Find out more.



cheshireconservation.org/

For Teachers:

Seed Saving and School Gardens

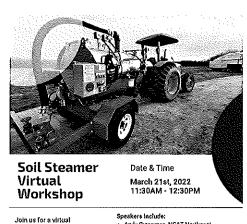
March 22, 6-7pm Join Erik Wochholz, the Curator of Historic Landscapes at Strawberry Banke Museum, and Neil Lash, the Heirloom Seed Project at Medomak High School in Maine, to learn about incorporating seed saving into school garden projects and curriculum. Register here.

School Composting: The Basics and What to Consider

March 24, 3pm - 4:30pm Paige Wilson, Lakes Region Planning Commission, and Gabriel Roberts, Garden Coordinator at the Brett School in Tamworth, will cover the basics of how to compost at your school and what to consider when building your site, regarding equipment needs, and community support. Register here.

2022 Webinar Series recordings

Farm to School 101 Watch it here Gardening and Classroom Connections Watch it here



presentation and round table discussion on soil steamingt

utilizina soil steamina on

- Andy Pressman, NCAT Northeast
 Brace Wooster, Picadilly Farm
 Amanda Littleton, Cheshire County
- Conservation District Jeremy Delisle, UNH Extension Rebecca Madden, UVM Extension Steven Fenn more, UC Davis Extension

Register Here: cheshireconservation.org/soll-steamer











Local Food Procurement Watch it here

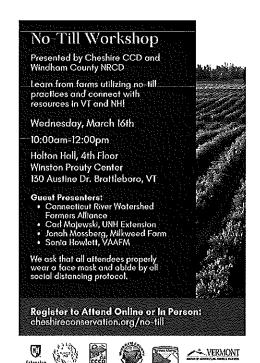
Growing School Food Gardens Upcoming Webinars:

Presented by Kids Garden Community! "Teaching for Sustainability", 4/12 "Teaching place-based, culturally relevant, & indigenous learning, 5/10 "Funding Your Garden", 6/14 Learn more

The National Farm to School
Network has gathered standout
resources developed this past year by
the network and farm to ECE partners
across the country to celebrate all of
the fantastic work the farm to ECE
community has accomplished.
Explore the National Farm to School
Network website's resource database
for more farm to ECE resources. If
you've developed great farm to ECE
resources this year and would like to
share them with the farm to ECE
community, send them to Sophia
at sophia@farmtoschool.org.

Join the Monadnock Farm to School Network Facebook Group

Advocates are gearing up for another potential push for Child Nutrition Reauthorization, the largest piece of federal legislation that authorizes, school, summer, afterschool, and early care and education (ECE) meal programs. Read more about the CNR process and the National Farm to School Network's top issues here, and see information about key legislative proposals ("marker bills") here. Use the form at the button below to reach out to legislators and let them know your position on child nutrition priorities







that are important to you. <u>Get the</u> Form.

March is Maple Month!

Explore lesson plans, resources, recipes, and more from NH Agriculture in the Classroom as we celebrate tapping season in the Granite State. Learn more here.



Getting Local on All Plates!

Cooking Matters at Home: Family Cooking Class

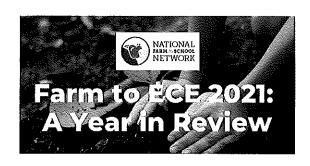
March 15 - Family Cooking Class Explore ways to use food on hand to create a variety of healthy meals and stretch food dollars.

Registration required. Contact christine.parshall@unh.edu

The Monadnock Region Food Access Analysis (MRFAA) report is published. The MRFAA is a comprehensive gaps and assets analysis in children's and families' food security programs and the state of hunger in the Monadnock Region. Download report here. View Report's "Story Maps" of hunger, yisit.our website.

<u>Pownload the 2021 Monadnock</u>
<u>Food Access Plan</u> -- Ten Projects in 2022 that will work to Stem Hunger in the Monadnock Region

Granite State Market Match (GSMM) helps SNAP customers DOUBLE vegetable and fruit purchases!





ACTION CENTER

Shifting Power for a Racially Just Food System with Child Nutrition Act Reauthorization - 2022

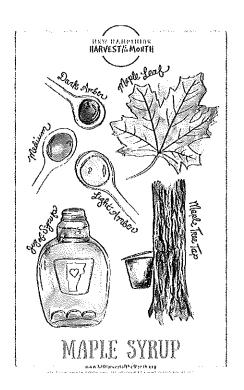


Shop with your SNAP/EBT at the following locations to double your dollars!

Learn more about GSMM

Charitable Food

Newest information on locations and delivery times for **charitable food** can be found at: Food & Gardens for a Resilient Monadnock website.







Family Cooking Class

Explore ways to use food on hand to create a variety of healthy meals and stretch food dollars,



This Month's Recipe

Grain Bowl

With

Chicken Rice

Vegetables Peanut Sauce

Improgramhtmen hansloffe upon représt at correct lipscomment de destituée engléring aproblé économical de la plante partie projet projet partie (projet partie) de la plante p

Time: 5:00-6:15 Day: Tuesday Dates: March 15 Place: Zoom

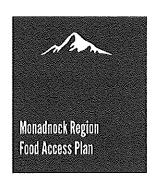
Please register in advance if you wish to cook along with me. Upon registration you will receive the link and recipe.

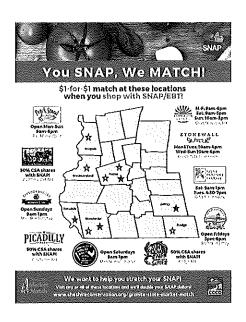
Register Hece:

Register Here; https://bh.jy/3COCQ8e Or Call/Text Christine;

Call /Text Christine: (603) 331-4793 Email: Christine parshall@unh.edu

PALOGONY of the Storphol Liverbook of the Appoints of the Anni Horizon (19,9) if George and Majordon and the storphologony on Sporting (2014) in the Company of the Company of the Storphologony of the Company of the





How do we build a viable food system assuring food security for future generations?

By bringing our members together regularly in work groups and quarterly forums, building connection, conversation, and collaboration.

2022 Forums

Monadnock Earth Day Film
Festival - April 19, 20, & 21, 2022,
6:30pm - 7:30pm every night.
"Farm Free or Die", Wednesday,
April 19, 2022, 6:30pm. This short

documentary highlights market opportunities for carbon sequestration and removal. Introduction by Roger Sorkin, director and writer.

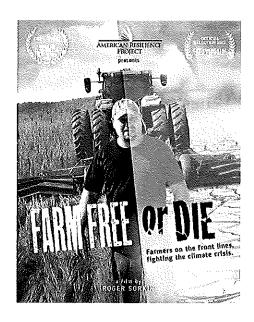
"Growing with the Grain" Thursday, April 20, 2022, 6:30pm. Scientists, farmers, bakers and brewers take part in a grain trial test that hopes to produce a new generation of grain suited for the northeast. Short documentary. Panel discussion - is the Monadnock Region ready for a grain shed?

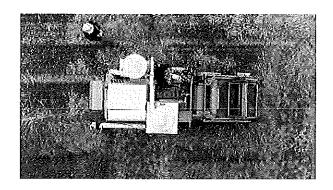
"Farmer Cee", Friday, April 21, 2022. This short documentary highlights Clarenda "Cee" Stanley, an African American farmer and CEO/President of Green Heffa Farms. Panel discussion.

Monadnock Farm to School Network - June 2022 (in planning)

2022 NH Agricultural Policy forum - November 2022

Monadnock Region Food Access forum - Increasing access to local food for all Monadnock residents - TBA







Events

Monadnock Earth Day Festival Saturday, April 22, 2022, 12pm -4pm at the Monadnock Food Coop. The annual Monadnock Region Earth Day Celebration celebrates some of the many things that make this region special: a commitment to ever-greater sustainability, healthy communities for all, and preserving and sustaining our planet, which is increasingly threatened by the impacts of climate change. Join us to learn about what others are doing and making, buy delicious whole food, learn something new, enjoy performers and activities throughout the co-op, Railroad Square, the bike path, amphitheater (behind the coop), shop The Farmers Market of Keene, participate in Stonewall Farms Earth Day 5K (walk or run), volunteer for the City of Keene's Green Up Keene from 8 -12 pm, and maybe make a friend or two. Join others in our community to celebrate all the things we are doing well and renew our commitment to keep striving ever onward.





Monadnock Earth Day Film Festival, produced by MFCC, Monadnock Food Co-op, and MONIFF. April 19 - 21, 2022. See event details above "2022 Forums".

NH Food Alliance Statewide Gathering May 13, 2022 - Mark your calendars!

Communications

MFCC's <u>Food & Gardens for</u> a Resilient Monadnock website

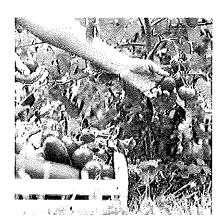
Are your seed pots in hand? Seeds purchased? Our <u>website</u> provides everything you might need to know!

 Get the Stuff you need to plant a garden -- Seeds, raised bed kits, community garden plots,

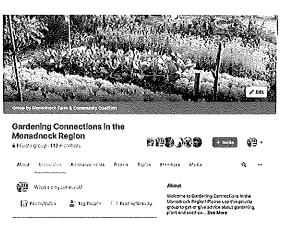
FOOD & GARDENS FOR A RESILIENT MONADNOCK

- discounts on garden supplies, tools & more!
- Learn the Things -- Links to UNH Extension Master Gardeners, Soil Testing, Planning a Family Garden, Companion Planting, Guides to Building Raised Beds, Indoor Gardening, Composting & more!
- Educational Resources online gardening networks
 around the region & state,
 recommended books, blogs,
 local experts & more!
- Other -- Care & Maintenance, Storing & Preserving, Putting Garden to Bed & more!

Join the other 293 members in the coalition's Facebook group, "Gardening Connections in the Monadnock Region" -- members connect with local experts and each other about lessons learned, ideas, tools, & more!







Did you know if everyone spent \$5 a week on local food, we would add \$338 million to New Hampshire's economy? Join the \$5/wk movement!

Other GREAT PLACES to buy local!

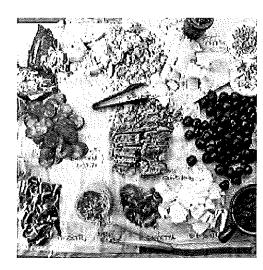
CC&D'S Kitchen

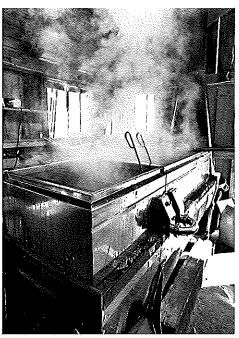
79 North Street, Keene Tues - Thurs 11am - 6pm Thursday - Full BBQ menu VOTED BEST BBQ IN AREA! Sandwiches, soups, desserts, catering & more!



21 Carpenter Rd., Surry, NH 5.9 mi north on 12A from Court St./Maple roundabout - MAPLE SUGARING EVERY WEEKEND IN MARCH!







Hannah Grimes Marketplace

42 Main Street, Keene Over 250 local artisans! Gift baskets, gourmet food, glassware, ornaments, skin products, syrup, honey, cheese, crafts, toys, puzzles, & more!



The Local Crowd Monadnock

Local products online! Gift certificates for massage & yoga, original paintings, candles, ornaments, fiber arts, toys, & more!

Featured photo: Harrisville Design

Felted Farm Animal Kit!



PLEASE SUPPORT YOUR MONADNOCK LOCAL FOOD SYSTEM ASSURING FOOD SECURITY FOR FUTURE GENERATIONS!

I Support the Coalition!

The Monadnock Farm and Community Coalition is a coalition of 140+ member organizations and individual members who come together regularly to build a robust, sustainable, and equitable local food system in the Monadnock Region of Southwestern NH.

Monadnock Farm & Community Coalition | 802.275.4191 www.mfcommunitycoalition.org



Monadnock Farm and Community Coalition | 11 Industrial Park Drive, Walpole, NH 03608 802.275.4191

<u>Unsubscribe marlowtownoffice@marlownh.gov</u>

<u>Update Profile | Constant Contact Data Notice</u>

Sent by coordinator@mfccoalition.org powered by



Try email marketing for free today!

	•	•	•
•			